

Tenth Annual *2010 Hudson Valley Grand Prix*



McMickle Agency
(845)343-0676



Winner's Bracket (845)343-9964

The Hudson Valley Grand Prix, now in its tenth year, is a year-long race program designed to encourage friendly competition and achieve personal goals while interspersing excitement and suspense. A variety of distances and difficulty levels encourages goal-inspiring performances by runners exercising perseverance, patience, and vigilance. Come join us as we move into a new year of exciting and unique competition that will stimulate the running community. [The HVGP at one time or another has attracted almost all elite runners in the region, plus dedicated "non-elite runners."] The 16-race program culminates in a luncheon, in January, which is free to all HVGP members and includes gift certificates courtesy of Groo's Athlete's Action: top 3, male and female overall; & first in class in all qualifying age-groups. The HVGP Board includes veteran athletes John Finnigan, Director; Cliff Davis; Marco Pabon; George Shurter; Steve Brockett; Abby Billias, Drew Priest; Todd Jennings, ORC liaison; Kim Klemen, SSRC liaison.

Age Groups	Elite/Non-Elite Cut-Off Times	
	Male	Female
19 and under	20:00	22:00
20-29	19:00	21:30
30-39	18:30	20:30
40-49	19:30	22:30
50-59	20:30	25:00
60-69	22:30	27:00
70 and over	30:00	35:00

Must complete at least 9 HVGP events for award eligibility.

Registration through May 1 st , 2010
\$22 – General registration (non-ORC or SSRC)
\$17 – ORC or SSRC members
\$12 – Special Mini-Grand Prix - 12 & under only
- John Finnigan, Director Hudson Valley Grand Prix (845) 496-1578, or jfinnigan@hvc.rr.com
- Ironman award for those who complete all HVGP races.
- Short-sleeve "wicking" shirts to all participants, including schedule on back, will be distributed at first four HVGP venues.
- Awards Luncheon: - Free to all HVGP members - Fee for guests.

Special 7-Race Mini Grand-Prix (12 & Under Male and Female Only.)

Best 4 of 7 (all 5K distances): (Winter Series Race 4, Shamrock Scramble, Chester, Rowley Cup @ the Classic 10K, Rock Hill, Goshen, Roosa Gap 5K)

Race	Contact (assume 845 area code)
1 ORC Winter Series 5K, Race 4	Bill Schneider, 551-2683, jnowak@hvc.rr.com
2 Shamrock Scramble	Al Favata, 565-1483
3 Hudson Valley 15K (HV15K)	Steve Brockett/ John Finnigan, jfinnigan@hvc.rr.com
4 Delaware River Run	John Faggione, 858-4045, pjrec@frontiernet.net
5 Chester Kiwanis 5K	E.J. Szulwach, Richard Robillard, richiehr@msn.com
6 The Classic 10K	race@classic10k.com
7 Rhulen Rock Hill Run & Ramble	R. Wallach, 794-3600 x5026, rjkwallach@yahoo.com
8 Goshen Great American Weekend 10K	Rob Dickover, dickover @dddblaw.com
9 The Monster Classic	Orshii Boldiis, 239-2107 (days), oboldiis@hotmail.com
10 Run 4 Downtown	Dave Madden, 401-9108, run4downtown@hvc.rr.com
11 General Montgomery Day 8K	Julie Wittenberg 457-4774 JWittenberg@uwoc.org
12 Roosa Gap Roller Coaster	Bill Norton, 888-2107; wgn@frontiernet.net
13 Newburgh-Beacon Bridge Run	Bill Rosenberg 895-3402, Wrosenb822@aol.com
14 Sullivan Striders Falling Colors	Dennis Toscano, 292-3557, ebayart1@aim.com
15 Fall Harvest Fest	Jackie Gaillard, 591-4558, jackiegaillard@aol.com
16 ORC Jingle Jog	Dave Badolato, 386-2469, runner419@msn.com

Make Payment to 2010 Hudson Valley Grand Prix.

Mail to: HVGP, c/o Cliff Davis 6 Bainbridge Pl., Unit 902, Newburgh, NY 12550

Last Name _____ First _____ Age _____ (on February 21, 2010) Birth date _____
 Address _____ City _____ State _____ Zip Code _____

Phone () _____ Email _____ Shirt Size: S M L XL

Orange Runners Club Member? Sullivan Striders Member? Best 2009 5K time (or estimate) _____

Category (select one): Male-Elite Female-Elite Male-Non-Elite Female-Non-Elite

Special Mini Grand Prix for 12 & Under Only: Male-12 & Under Female-12 & Under

(Runners whose times are under age-group cutoff must enter as Elite. Runners whose times are over cut-off may elect to enter as Elite or Non-Elite.)

Waiver: I will abide by each race's rules and waivers for each race that I enter. I for myself and anyone entitled to act on my behalf, waive and release all organizers and volunteers of each race, the Orange Runners Club, The Sullivan Striders, the HVGP committee, Groo's Shoes, New Balance, Rowley, The McMickle Agency, Winner's Bracket, and any sponsors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence on the part of the persons named in this waiver. I know entry fees are non-refundable and non-transferable for any reason.

Signature _____ Date _____ Amount Paid _____ Cash Check
 (Signature of parent or guardian if under 18 years of age.) 1/2/2008

Please cut along line and print



www.orangerunnersclub.org (Scoring updates)
www.sullivanstriders.org (Scoring updates)

Score best 9 races

#	Distance	Race	Date	Town, County	Overall Race	Cum.	Age Group Race	Cum.
1	5K	Orange Runners Club Winter Series 5K, # 4	Feb. 21	Middletown, Orange				
2	5K	Shamrock Scramble	Mar. 21	Wallkill, Ulster				
3	15K	Hudson Valley 15K (HV15K)	Apr 11	Blooming Grove, Orange				
4	5K	Delaware River Run	May 2	Port Jervis, Orange				
5	5K	Chester Kiwanis 5K	May 29	Chester, Orange				
6	10K	The Classic 10K	June 13	Middletown, Orange				
7	5K	Rhulen Rock Hill Run & Ramble	June 19	Rock Hill, Sullivan				
8	10K	Goshen Great American Weekend 10K	July 3	Goshen, Orange				
9	10K	The Monster Classic	Aug. 1	Monticello, Sullivan				
10	4M	Run 4 Downtown	Aug. 21	Middletown, Orange				
11	8K	General Montgomery Day 8K	Sept. 11	Montgomery, Orange				
12	11.5M	Roosa Gap Roller Coaster	Sept. 26	Wurtsboro, Sullivan				
13	5M	Newburgh- Beacon Bridge Run	Oct. 10	Newburgh, Orange				
14	8K	Sullivan Striders Falling Colors 8K	Nov. 6	Rock Hill, Sullivan				
15	7.5M	Fall Harvest Fest	Nov 14	Cornwall-on-Hudson, Orange				
16	7K	ORC Jingle Jog 7K	Dec. 5	Salisbury Mills, Orange				
SCORING DETAIL – Score Best 9 Races					Total Points =			

- Each participant is inserted into either the Overall Male or Overall Female category.

- Additionally, each participant is inserted into one of four primary categories: Male-Elite, Female-Elite, Male-Non-Elite; Female-Non-Elite.

- Finally, each participant is inserted into his or her respective age groups.

- Points are calculated based on all the HVGP entrants for that race. **Non-HVGP entrants will not affect scoring.**

Age Group Scoring (Add one point for each race completed. Maximum score = 104 points.)

1st place-10 pts, 2nd -9 pts, 3rd -8 pts, 4th -7 pts, 5th -6 pts, 6th -5 pts, 7th -4 pts, 8th -3 pts, 9th -2 pts, 10th -1 pt

Overall Scoring (Maximum score = 900 points.)

1st place-100 pts, 2nd -90 pts, 3rd -80 pts, 4th -70 pts, 5th -60 pts, 6th -50 pts, 7th -40 pts, 8th -30 pts, 9th -20 pts, 10th -10 pts